

# FUTURE PLANNING CHEAT SHEET

**Keep Calm & Plan On!** With some planning and preparation, you can help ensure your loved one's future is bright and secure.

## GET ORGANIZED

- **Gather Documents:** Birth certificate, IDs, Social Security card, medical records, insurance information.
- **Inventory Assets:** List all financial assets like bank accounts, investments, property.
- **Identify Debts:** Make a list of any outstanding loans or bills.

## PLAN FOR FINANCES

- **Special Needs Trust:** Protects government benefits while providing supplemental funds for needs not covered by benefits.
- **Supplemental Needs Trust:** Provides additional resources for improved quality of life without jeopardizing benefits.
- **Guardianship/Conservatorship:** Consider if needed to manage finances and legal decisions.
- **Government Benefits:** Explore options, like SSI and Medicaid (USA), to support basic needs.

## PLAN FOR HOUSING

- **Supported Living:** Independent living with on-site staff providing assistance with daily tasks.
- **Independent Living with Support:** Living independently with services like home healthcare or personal assistance.
- **Family Living:** Living with family members who can provide care and support.
- **Community Living Options:** Research group homes or other community-based residences.

## PLAN FOR HEALTHCARE

- **Advance Directive:** Provides wishes for medical care in case of incapacitation.
- **Durable Power of Attorney for Healthcare:** Appoints someone to make healthcare decisions on your loved one's behalf.
- **Communication Tools:** Explore communication aids to help your loved one express their healthcare needs.
- **HIPAA Release:** Allows healthcare providers to share information with designated caregivers.

## PLAN FOR SOCIAL & EMOTIONAL NEEDS

- **Socialization and Activities:** Identify future social circles and activities your loved one enjoys. Explore options for fostering social connections long-term.
- **Future Support Network:** Build a network of friends, family, and professionals for ongoing support.
- **Guardianship for Personal Care:** Consider if needed to make decisions about personal matters like living situation.

## PLAN FOR LEGAL ISSUES

- **Will:** Outlines how assets will be distributed after death.
- **Beneficiary Designations:** Designate beneficiaries for retirement accounts and life insurance.
- **Power of Attorney:** Appoints someone to manage legal and financial matters.
- **Living Trust:** A legal document that transfers ownership of assets to a trustee who manages them on the benefit of your loved one. Consider a living trust to avoid probate and ensure smooth management of assets.

Remember:

- **Start Early:** Planning early allows for informed decisions and adjustments.
- **Involve Your Loved One:** Include them in discussions as much as possible.
- **Seek Professional Help:** Utilize specialists for legal and financial guidance.
- **Update Regularly:** Review and update plans as circumstances change.

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